

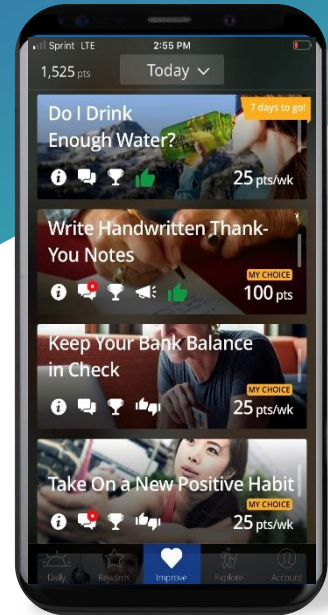
Reach



Seattle

Well-being on the Go

Download the Limeade App



WHAT YOU CAN DO



Sync Your Device

Use Reach to track your well-being goals with your fitness device or app



Earn Points

Track your mood, enter your steps, volunteer, and much more; more points, more well-being



Find City of Seattle Resources

Find links and information about benefits programs offered by the City

ABOUT REACH

Explore your interests and find support for your physical, emotional, financial and work well-being. Reach is the City's comprehensive well-being portal available by mobile app or at <https://cityofseattle.limeade.com>. It combines useful tools, educational content and social connection to help you reach your goals and enjoy the journey.



Limeade App

Available on Android and Apple

Find the Limeade App in your Google Play or Apple store

Enter City of Seattle Code: **SEATTLE**